

March 3, 2017

Dear Parent or Guardian:

It is with deep sadness that we must inform you of a recent loss to our school community. We have learned that a 10th grade student passed away unexpectedly Friday morning as a result of illness.

This loss may raise feelings of sadness, anger, hurt, and depression. Our professional staff (psychologists, social workers, school counselors) is available to provide support to students during this difficult time. Please take a moment to review symptoms for students in crisis, suggestions for assisting students, and a brief list of community resources available. If you need additional assistance, please contact your child's house team.

Sincerely,
Dr. Paul M. Fanuele
Executive Principal

Symptoms of Students in Crisis

Sleep and eating disturbances	Loss of appetite
Act as if death never happened	Regression in behavior
Fear of dark	Withdrawal from family/friends
Aggressiveness	School Avoidance
Physical Complaints	Delinquent behavior
Extreme sadness and reluctance to participate in activities	

Suggestions for Assisting Students

- Acknowledge and normalize their feelings. Encourage them to talk but respect their right not to.
- Provide healthy alternative ways for them to express themselves (writing in a journal, drawing, playing music, etc).
- Remind them that everyone has a right to grieve and a right to grieve in their own way.
- Help them understand that people show their emotions differently.
- Try to maintain a normal routine.
- Listen and observe. Share your concerns with appropriate support personnel
- Spend family time together
- Emphasize people's resiliency. Help identify ways they have coped in the past.
- Help your child get plenty of sleep, eat regular meals and exercise
- Remain calm, reassuring
- Openly express your affection to your child
- Do not neglect your own needs.
- Talk to other adults, support personnel, or someone from place of worship.

Community Mental Health Resources

Astor Counseling Center	(845) 471-6004
Bereaved Family Support	(845) 462-2825
Bridges Counseling Center	(845) 897-4700
Catholic Charities	(845) 452-1400
Dutchess County Helpline (24 hr)/ Stabilization Center	(845) 485-9700
Jewish Family Services	(845) 471-9817
Mid Hudson Regional Hospital (Emergency)	(845) 431-8892
http://www.co.dutchess.ny.us/CountyGov/Departments/DBCH/26781.htm	
Riverview Center for Psychiatric Care	(845) 471-1807
Spectrum Behavioral Health	(845) 485-3500
United Way of Dutchess County	(845) 471-1900